



FEDERAL OCCUPATIONAL HEALTH

Improving the health, safety, and productivity of our Federal employees.



Vegetarian Pate *

Recipe Summary:

Preparation Time: 15 minutes

Ingredients:

1 12 oz can green peas, drained
1 Tablespoon olive oil
1 medium onion, diced
½ cup chopped walnuts
Toasted whole wheat pita wedges
Salt and pepper to taste

Directions:

Sauté onions in olive oil over medium heat until golden.
In a food processor, add onions, peas and walnuts. Puree until smooth.
Salt and pepper to taste.
Serve with toasted pita chips and/or fresh veggies.

* Source Family Recipe

Nutritionist Notes:

- High in manganese
- May want to limit olive oil to 2 tsp or use a pan spray to sauté the onions.